

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703071

Course Name: K-3 Primary Physical Education

Grade Level: 1

Upon course completion students should be able to:



Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1.1.L1. Perform a variety of locomotor movements using different body parts.

Non-Locomotor

- 1.1.NL1. Perform a variety of non-locomotor skills, using different body parts at different levels.

Body Management

- 1.1.BM1. Perform a variety of balances using different body parts.
- 1.1.BM2. Transfer weight from one body part to another with control.

Manipulative Skills

- 1.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1.2.SP1. Recognize the difference between personal and general space.

Pathways, Shapes and Levels

- 1.2.PS1. Travel with objects, demonstrating a variety of pathways, levels and relationships to their environment.

Speed, Direction and Force

- 1.2.SD1. Differentiate between fast and slow speeds as well as light and strong force.

Strategy

- 1.2.ST1. Apply a variety of simple tactics to increase chances of success while exploring physical activities.

Kentucky Department of Education

Standards

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1.3.PA1. Identify reasons for participating in daily physical activity.

Physical Fitness Knowledge

- 1.3.PF1. Identify the recommended amount of physical activity for children.
- 1.3.PF2. Relate intensity to increased heart rate and muscle endurance.

Nutrition

- 1.3.N1. Differentiate between healthy and unhealthy foods.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1.4.SW1. Work with others independently in a variety of physical activity settings.

Rules and Etiquette

- 1.4.RE1. Recognize and follow the rules, protocols and etiquette in physical education.

Safety

- 1.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1.5.H1. Acknowledge the health benefits of participating in physical activities.

Challenge

- 1.5.C1. Recognize that challenge in physical activity can lead to success.

Self-Expression and Enjoyment

- 1.5.SE1. Describe positive feelings that result from participating in physical activities.

Kentucky Department of Education

Standards

Social Interaction

- 1.5.SI1. Recognize personal likes and dislikes regarding participation in physical activities with others. Advocacy
- 1.5.A1. Explore opportunities that encourage others to be physically active.